

1st Annual Healthy American Summit: Obesity, Exercise and Nutrition

8:30 to 9 a.m. Registration Check-In
(Preregistration required)

9 to 10:15 a.m. Welcome & Keynote

“Portion Size Me: Why We Eat More Than We Think”

James Painter, Ph.D., RD
Department Chair, Family and Consumer Sciences
Eastern Illinois University

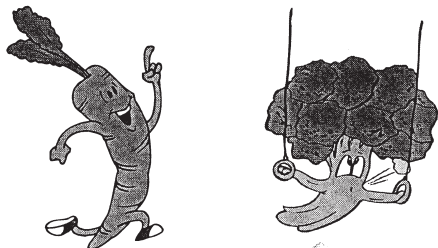
The keynote session will discuss a new documentary by Dr. Painter, “Portion Size Me,” that follows two students eating fast food for 30 days. It will discuss the increase in the size of food portions over the last two decades and ways food portions can be controlled. Healthy fast food options will be discovered. (The new video, distributed by The Learning Zone, will be available for purchase.)

10:15 to 10:45 a.m. Break
Educational Displays and American Dietetic Association Resources

10:45 a.m. to noon
“Looking Lean With Dairy”
Connie Diekman, M.Ed., RD, LD, FADA
Director of University Nutrition
Washington University in St. Louis
2006-2007 American Dietetic Association President-Elect

Reviewing the current science behind the dairy and weight loss claims will provide attendees with information they can use when dealing with their clients, patients and students.

Noon to 12:45 p.m. Box Lunch and Educational Displays
New 3rd edition of ADA Complete Food and Nutrition Guide book signing by author Roberta Duyff, M.S., RD, CFCs.



12:45 to 1:45 p.m. Breakout Session I (select your first and second choice)

A “Myths and Truths About Weight Control”—This session will identify how appetite and hunger differ, outline the process of behavior change and identify tips to recognize fad diets. Connie Diekman, M.Ed., RD, LD, FADA, Washington University in St. Louis

B “AB-solutely Strengthen Your Core”—Learn to shape, strengthen and tone abdominals through daily activity and exercise. Stacia Hanna, RYT Registered Yoga Teacher and pilates instructor, St. Louis Community College at Florissant Valley

C “Major Health Concerns of African Americans”—Focus on major health concerns of African Americans, including high blood pressure (hypertension), certain cancers, obesity, youth homicide and maternal and infant deaths. Wendy Schiff, M.S., adjunct instructor, St. Louis Community College at Meramec, coauthored a college-level personal health textbook and dietetic education manual and a manual for teaching health at the kindergarten through middle school level.

D “Preventing and Treating Obesity in Children and Families”—Missouri has one of the highest risks of cardiovascular disease in the United States. Obesity contributes to a large part of the problem. Can we make a difference and prevent obesity? How about treating children before they become obese adults? Join the discussion of methods and current research on ways to help prevent and treat obesity in children and families. Marilyn Tanner-Blasiar, M.H.S., RD, LD, pediatric dietitian/study coordinator, Washington University School of Medicine

E “Strength Resistance Training Without Leaving the House”—Build your strength at home without having a gym! Johnna Kinney, fitness director, physical education instructor and acting athletic director, St. Louis Community College at Florissant Valley

1:45 to 2 p.m. Break

2 to 3 p.m. Breakout Session II (select your first and second choice)

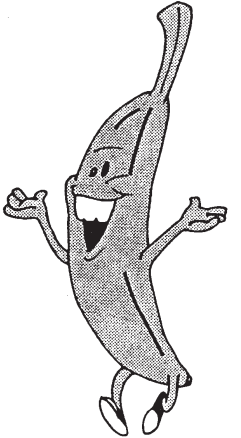
F “All the Nutrition News: FIT to Print and FIT for You!”—Review the latest nutrition news. Roberta Duyff, M.S., RD, CFCs, author, national speaker and columnist for the St. Louis Post-Dispatch

G “Cardiovascular Exercise: Get Moving Toward Lower Cholesterol and Blood Pressure”—Gain information regarding the deadly risks of high cholesterol and blood pressure along with healthy benefits and application of cardiovascular exercise in combating their effects. Darrin James, M.S., health and fitness instructor, St. Louis Community College at Florissant Valley, personal trainer

H “When Food and Weight Become an Obsession”—Balance between food intake and weight can be a challenge. For an individual with an eating disorder, it can be overwhelming. In this session, learn more about the symptoms, complications and treatment of eating disorders. Lori Richardson, RD, LD, Highland Behavioral Health Center

I “Exercise for the Oversized: Adults and Teens”—Learn how to develop an exercise program for the oversized, gain practical tips and examples of exercises and explore the many facts and myths about exercise. Cindy Campbell, department chair/professor of physical education, St. Louis Community College at Florissant Valley

J “Building Healthy Diets for Children”—How and why children eat affects their health today and in their future. Our influence as adult role models to children includes our relationships with food and eating practices. Explore methods to achieve a healthy relationship between food and eating, identify responsibilities for caregiver and child and gain cooking ideas for kids, along with available resources. Jeanne Florini, M.S., RD, LD, Dietetic Technology program coordinator, St. Louis Community College at Florissant Valley



To Register

1. Complete the registration form. Use one registration form per participant.
2. Fax charge card registration to 314-513-4288 or mail registration form and payment to:
Continuing Education and Community Engagement
St. Louis Community College
at Florissant Valley
3400 Pershall Road
St. Louis, MO 63135-1499

Questions? Call 314-513-4391.

Registration deadline is Sept. 20, 2006.

*Space is limited—register early. No confirmation sent—registration form returned if seminar registration closes. Fax (314-513-4288) or mail registration only. Questions, call 314-513-4391.

4 1/2 CEU/Clock Hours certificate given.
ADA and DMA CEU have been requested.

Co-Sponsored by: Physical Education,
Family and Consumer Sciences,
Continuing Education and
Community Engagement

1st Annual Healthy American Summit: Obesity, Exercise and Nutrition



Friday, Sept. 29, 2006

Student Center Multipurpose Room
St. Louis Community College
at Florissant Valley



**St. Louis Community
College**

Florissant Valley



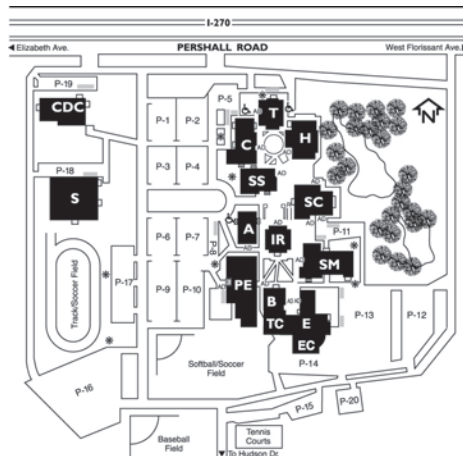
**St. Louis Community
College**

Florissant Valley

3400 Pershall Road
St. Louis, MO 63134-1499



**St. Louis Community College
at Florissant Valley**



- | | | |
|---|--|---|
| AD Automatic Door | A Administration | IR Instructional Resources |
|  Non Automatic Door | B Business | PE Physical Education |
|  Non-Accessible Door | CDC Child Development Center | S Service (includes Campus Police) |
| R Ramp | C Communications | S-M Science-Mathematics |
|  Ramp Accessible Route | E Engineering | SS Social Sciences |
|  Accessible Parking | EC Emerson Center for Engineering & Manufacturing | SC Student Center |
| * Emergency Phone | H Humanities | T Theatre |
|  Elevator (PE) | | TC Training Center |



Please charge fees to:

- ☐ Discover Card
- ☐ MasterCard
- ☐ Visa

Card No. _____

Expiration Date: _____

Signature _____

Mail to:

St. Louis Community College at Florissant Valley
Continuing Education & Community Engagement
3400 Pershall Road
St. Louis, Mo. 63135-1408

Mail Registration Form (Please use ink and print)

Student Identification No./ Social Security No. _____

Name _____

last

first

Mailing Address _____

street

city

state

zip

Home Telephone _____

Office Telephone _____

Email _____

Check if you want vegetarian lunch _____

Course No.	Section No.	Course Reference No.	Course Title	Date	Fees
HEAL 765	500		Annual Healthy American Summit	9-29-06	\$30

1st & 2nd Choices 1st & 2nd Choices

Workshop Choice: Breakout Session A-E / F-J /

Please make check payable to St. Louis Community College or call 314-513-4288 to fax registration.

Fall 2006